

# March 2023

## HEALTHY DENT COUNTY



**Making Birthday Parties Easy!**

### Bounce House Birthday Party

Salem Community Center  
@ the Armory

See inside flyer for details.

Salem Community  
Center @ the Armory  
Bounce House  
Birthday Parties

**ANNOUNCING:**  
Non-Newlywed Game  
Friday, April 14th

**NEW CLASS**  
Coming April!  
Beginner's Spin  
Amy Thompson

MEMBERSHIP SPOTLIGHT  
Angelia Curtis

AARP Taxes  
Now taking  
appointments

X-Press Continues on  
Saturdays in March!



Membership Spotlight: Angelia Curtis



Follow us on Facebook: Healthy Dent County Fitness Center/Council for a Healthy Dent County to stay up to date



The "Non"



# Newlywed

Game

## Fundraiser

Event sponsored by Healthy Dent County

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**Friday, April 14, 2023**

Salem Community Center @ the Armory  
1200 West Rolla Road

Game show starts at 6:30 p.m. - Doors open at 5:30 p.m.

Table of 8 can be sponsored for \$300 or single tickets for \$25  
Concession and cash bar available

## Game Show Contestants

**Chris & Jody Heavin  
Joel & Dottie Steelman  
Mason & Ashlee Roper  
David & Tana Kettner**



# The Perfect Event Venue



Weddings, Receptions, Banquets, and Fundraising Events

- ♡ Available 7 days a week.
- ♡ Seating for up to 300 people.
- ♡ Tables, chairs, & kitchen included.
- ♡ Decorations & tablecloths available.

**Salem Community Center**  
**@the Armory**  
*Where Health, Education and Community Meet*

For rates and information, call 573-729-8163 | 1200 W. Rolla Rd. | Salem, MO 65560







# Healthy Dent County Fitness Center

## Office Hours

8:30 a.m. - 4:30 p.m.

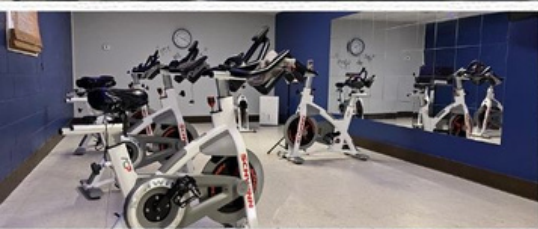
## Fitness Center Hours

Monday-Friday: 5 a.m.- 7 p.m.

**24 Hour Access Available**

- Cardio Room
- Weight Room
- Spin Room
- Classroom
- Gymnasium

For rates and information, call 573-739-1127 | 1200 W. Rolla Rd. | Salem, MO 65560







Serving Southern Missouri



## About The Program

Our goal is to screen adults who may be at high-risk, direct them to care for heart disease and Type II Diabetes, & help reduce severe COVID illness due to multiple, undiagnosed medical conditions.

### Sign-up Today!



Scan the QR code  
to register now  
\*recommended\*

Walk-ins welcome!

### More Info

Cary at (573) 480-5984

Candice at ccoffman@missouri.edu

Becky at rfenton@missouri.edu



# Extension

*University of Missouri*

## FREE Mobile Health Screenings

for high-risk comorbidities  
including Type-2 diabetes  
and Heart disease

### Testing

- HbA1c (Blood Sugar)
- Blood Pressure
- Lipid Profile (Cholesterol)

### Connect to Resources

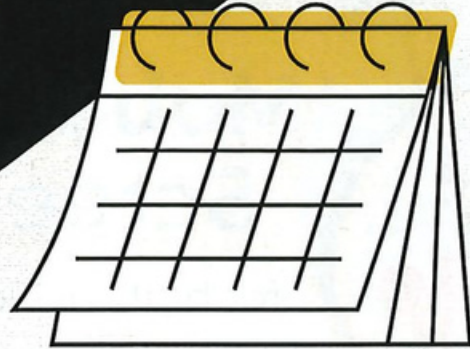
- Enrollment in Medicaid under the expansion program
- Adult Vaccination Education
- Local Health Referrals

\*This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$35,569,951 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government. The project has received a portion of this funding from the Department of Health and Senior Services, Office of Rural Health and Primary Care to expand efforts to address health disparities caused by COVID-19.



**Coming to a town near you!**

*Sign-Up  
Today!*



## UPCOMING EVENTS IN 2023

CITY	LOCATION	DATE	TIME
• Pineville, MO	602 Jesse James Rd.	1/26	8:30am-3 pm
• Hermitage, MO	24885 St. Hwy. 254	2/02	8am-3:30pm
• Houston, MO	1591 US Hwy. 63	2/07	8:30am-3:30pm
• Nevada, MO	301 N. Washington	2/15	9am-4 pm
• Poplar Bluff, MO	1619 N. Main	3/14	8:30am-3:30pm
• Doniphan, MO	1003 E. Locust St.	3/28	9am-3 pm
• Cape Girardeau, MO	1121 Linden St.	3/29	8:30am-4:30pm

All events are subject to change in adherence with the MHU weather policy. Registered attendees will be notified of change. Please contact your local health department for more information.





**Instructor: Amy Thompson**

Healthy Dent County Fitness Center

# **BEGINNER'S SPIN CLASS**

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Starting in April  
Wednesdays at 6 p.m.

Questions? Please call us at 573-739-1127 or email  
[susie@salemcommunitycenter.org](mailto:susie@salemcommunitycenter.org)





# **Healthy Dent County Fitness Center** **-PRESS CLASS**

- ■ Every Saturday in March (4, 11, 18, 25)
- ■ 9:00 a.m. - 9:30 a.m.
- ■ Salem Community Center @ the Armory

- ■ Exercise Classroom
- ■ Instructor: Nicole Lemieux
  - Certified OPEX Coach

■ ■ 30 Minute Workout

■ ■ AMRAP (As Many Rounds As Possible)

Benefits to AMRAP:

- Burn more fat and build more muscle
- Improve heart health
- Boost mental health
- Give you more bang for your buck
- Perfect for any fitness level

■ ■ Strength and Cardio



Questions? Please Call 573-739-1127 or email [susie@salemcommunitycenter.org](mailto:susie@salemcommunitycenter.org)





## AARP Free Tax Aide Filing

AARP volunteers will once again be doing taxes for **FREE** at the **Salem Community Center @ the Armory**. The Healthy Dent County staff are currently taking appointments until April 7th, please call 729-8163.



**AARP**<sup>®</sup>  
Real Possibilities



# March Community Events

## March 1

- Marks the opening day of the Missouri Trout Fishing Season. Large numbers of enthusiastic anglers participate in this exciting first day of the Current River Rainbow Trout fishing season in Montauk State Park. Come early to make preparations to fish. Fishing hours 6:30 am to 6:00 pm.

## March 4

- Men's Trout Fishing will be held for gentlemen of any age. Two classes in the tournament include fly and bait categories. Two winners in each class, heaviest trout and heaviest stringer of trout. Gift certificates will be awarded to winners. Participants can register for the tournament at the Dorman L. Steelman Lodge. Tournament hours are 7:30 am to 2:00 pm.
- 71st Annual Cosmopolitan Club's Variety Show & Miss Salem Pageant at the City Hall Auditorium. A Night to remember! Doors open at 6:30 pm, event starts at 7:00 pm. Adults \$5 Children \$3 ages 5 & up. Ages 4 & under are free.

## March 11

- Ladies Trout Fishing Tournament will be held for ladies of any age. Participants will register at the Dorman L. Steelman Lodge. Two classes of fishing will be allotted, one for fly fishing and the other for bait fishing. Two winners in each class, heaviest trout and heaviest stringer of trout. Gift certificates will be awarded to the winners that are redeemable for merchandise at the Montauk Lodge. Tournament hours are 7:30 am to 2:00 pm.
- Salem Memorial Hospital Cornhole Tournament- Registration at 10:00 am, Bags fly at 11:00 am, pre-register at scoreholio app or contact Clifton Parker at 573-647-9338. Food & Drinks Available, \$60 a team. 1st place \$500 - 2nd place \$300 - 3rd place \$200.

## March 17-18

- 100 Acre Wood Rally- More details to follow. Saturday Morning Parc Expo Downtown Salem

## March 23

- 1 Piano 2 Much Fun! at Echo Bluff Lodge - Dinner Buffet 6:00 pm, Entertainment 7:30 pm - 9:00 pm. \$49.95 per person buffet dinner and show. See flyer for more details (next page).

## March 25

- Salem Community Acoustic Jam Session. All ages are welcome. Come and enjoy a fun and relaxing evening at the Creative Arts Center. beginning at 6:30 pm. Musicians and listeners of all ages and talents and interests are invited. Bring your own instrument and play along with the crew, or just come to listen and tap your feet! No talent is necessary, just enthusiasm! You name it, you will probably hear it! This event is held monthly on the fourth Saturday.

Happy  
St. Patrick's  
Day



For additional community events, please visit [SalemMO.com](http://SalemMO.com)



ECHO BLUFF LODGE PRESENTS  
**1 PIANO 2 MUCH FUN!**

**DINNER BUFFET 6PM**

**ENTERTAINMENT 7:30PM - 9:00PM**

**CASH BAR IN GREAT ROOM 5:30PM - 9:00PM**



**MARCH 23, 2023**

**6 PM - 9 PM**

**\$49.95 DINNER BUFFET & SHOW (PER PERSON)**

**\$299.90 LODGING, DINNER BUFFET, SHOW, BREAKFAST (FOR 2)**

**@FunPianos is the co-host of the event**

**ECHOBLUFFSTATEPARK.COM**



# GORNHOLE TOURNAMENT



**Saturday, March 11**

**Salem Community Center @ the Armory**  
1200 W. Rolla Road • Salem

**Registration 10am \$60**  
**Bags Fly 11am TEAM**

**Double Elimination Format**

**1st Place - \$500**

**2nd Place - \$300 • 3rd Place - \$200**

**Pre-register on the Scoreholio app OR  
contact Clifton Parker @ 573-647-9338.**

*Food & Drinks Available!*

35629 Hwy. 72 | Salem | 573-729-6626

[www.smdh.net](http://www.smdh.net)





# **Run Salem 5K/10K & Color Run, Saturday, May 20th**

## **RUN SALEM 5K**

This is a 5K run entirely on the streets of Salem. Starting and finishing in Downtown Salem, you will enjoy running by the historic Victorian Courthouse in downtown, running by the high school and city park before returning to downtown. Go at your own pace - run or walk your way back to the finish line.

## **RUN SALEM 10K**

This is a 10K run entirely on the streets of Salem. Starting and finishing in Downtown Salem, you will enjoy running around the whole city, including by the historic Victorian Courthouse and several neighborhoods before running back through downtown. Go at your own pace - run or walk your way back to the finish line.

## **HEALTHY DENT COUNTY FAMILY FUN COLOR RUN/WALK**

This is a fun, untimed event with no results. The event is held in conjunction with the Run Salem 5K/10K. The color run is a 1/2 mile course, where Color Runners are doused from head to toe in a different colored powder. Participants wear white at the starting line and finish the race plastered in color.

## **VIRTUAL 5K/10K**

When you register for the virtual experience, you can complete your 5K/10K distance anytime and anywhere, and help give back to a great cause!

**Run Salem 5K/10K includes medal and t-shirt (t-shirt deadline April 17th)**  
**Color Run includes t-shirt (t-shirt deadline April 17th)**

**For additional information and TO REGISTER:**

**Visit [RunSalemMO.com](http://RunSalemMO.com)**

**Contact Shawn Bolerjack with questions at [sbolerjack@salem\\_mo.com](mailto:sbolerjack@salem_mo.com)**







Marathon & Half Marathon  
courses are USATF Certified



26.2 / 13.1 / RELAY / 10K / 5K

November 18, 2023

# 2023 REGISTRATIONS NOW OPEN

IT'S 2023 AND THE HONORING OUR HEROES MARATHON WEBSITE IS  
OPEN FOR REGISTRATIONS!

FOR MORE INFORMATION, **VIEW MAPS**,  
OR TO **REGISTER** PLEASE VISIT  
**HEROESMARATHON.COM**



**Marathon & Half Marathon  
are now  
USATF CERTIFIED COURSES!**





**Making Birthday Parties Easy!**

# *Bounce House Birthday Party*

Salem Community Center @ the Armory

**3 Bounce Houses**

**4 Hours    \$300**

(Tables, Chairs, and Kitchen Included)

**Questions? Please call us at (573) 729-8163**





# Membership Spotlight



## Angelia Curtis



Angelia struggled with her weight her entire life. She tried many different diets and felt that no matter what she did, the weight wouldn't stay off. She was diagnosed with diabetes and sleep apnea and was a self-proclaimed couch potato.

In May 2019 she made the decision to finally get serious and make some real changes. Her first move was gastric sleeve surgery. Initially, some easy weight came off, but it was going to take some hard work and dedication for Angelia to meet her goals.

She joined Healthy Dent County Fitness Center in February 2020. She commits to 4-5 days of exercise each week, spending an average of three hours each session. Angelia is an early bird and is usually at the gym by 5:30 a.m. She says she has really enjoyed the social atmosphere of the gym. She likes meeting people and sharing stories with them during her workouts. In 2022, Angelia set a goal for herself of 250,000 steps on the stair climber. Week by week her steps increased on the whiteboard behind the stair climber. She smashed her initial goal before the year was up and ended up with more than 300,000 steps before the New Year!

Today, life is good for Angelia. She is a newlywed and anxiously anticipating the arrival of her first grandchild. She truly enjoys setting goals for herself and putting in the work to meet those goals. She hopes to be an inspiration to others because getting healthier has made her life 110% better. She still struggles. This is not an easy journey. She hasn't lost all of the weight she wants to but will not give up on her future self. She has lost over 200 pounds since joining the gym. She incorporates a balanced diet into her healthy lifestyle. Angelia no longer suffers from diabetes or sleep apnea and has a clean bill of health from her doctors at 46 years old!

Angelia should be incredibly proud of her accomplishments. I know there's no going back for her. She successfully figured out how to integrate a healthy diet and exercise plan into her lifestyle and understands the importance of continuing her journey. Her soon to be grandson may find it hard to keep up with Grandma! We at Healthy Dent County love to help members meet their goals and are happy to assist however we can. We always include initial fitness plans to any member who requests such at no additional cost. This includes a consultation, an initial plan and a fitness session. We believe that it is important for our members to have a plan that they know how to execute with each visit.





# HEALTHY DENT COUNTY FITNESS CENTER

# March 2023

\*Spin membership required to attend these classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Happy St. Patrick's Day</b></p> <p>6 5:30 a.m. Spin* 8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba</p>	<p>**Saturdays in March X-Press Class 9:00 a.m. - 9:30 a.m.</p> <p>7 10:00 a.m. Slow Motion 12:00 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga</p>	<p>1 5:30 a.m. Spin* 8:30 a.m. Sweet &amp; Low 5:30 p.m. Pilates</p> <p>8 5:30 a.m. Spin* 8:30 a.m. Sweet &amp; Low 5:30 p.m. Pilates</p>	<p>2 10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin* 6:30 p.m. Zumba</p> <p>9 10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin* 6:30 p.m. Zumba</p>	<p>3 8:30 a.m. Sweet &amp; Low 4:30 p.m. Gentle Yoga</p> <p>10 8:30 a.m. Sweet &amp; Low 4:30 p.m. Gentle Yoga</p>
<p>13 5:30 a.m. Spin* 8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba</p>	<p>14 10:00 a.m. Slow Motion 12:00 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga</p>	<p>15 5:30 a.m. Spin* 8:30 a.m. Sweet &amp; Low 5:30 p.m. Pilates</p>	<p>16 10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin* 6:30 p.m. Zumba</p>	<p>17 8:30 a.m. Sweet &amp; Low 4:30 p.m. Gentle Yoga</p>
<p>20 5:30 a.m. Spin* 8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba</p>	<p>21 10:00 a.m. Slow Motion 12:00 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga</p>	<p>22 5:30 a.m. Spin* 8:30 a.m. Sweet &amp; Low 5:30 p.m. Pilates</p>	<p>23 10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin* 6:30 p.m. Zumba</p>	<p>24 8:30 a.m. Sweet &amp; Low 4:30 p.m. Gentle Yoga</p>
<p>27 5:30 a.m. Spin* 8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba</p>	<p>28 10:00 a.m. Slow Motion 12:00 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga</p>	<p>29 5:30 a.m. Spin* 8:30 a.m. Sweet &amp; Low 5:30 p.m. Pilates</p>	<p>30 10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin* 6:30 p.m. Zumba</p>	<p>31 8:30 a.m. Sweet &amp; Low 4:30 p.m. Gentle Yoga</p>

For rates or questions please call us at 573-739-1127 or email Penny@SalemCommunityCenter.org





Healthy Dent County is dedicated to providing opportunities to improve health and quality of life by partnering with our community.



## Contact us:

Phone: (573)729-8163

Email: [lacey@salemcommunitycenter.org](mailto:lacey@salemcommunitycenter.org)

Website: [salemcommunitycenter.org](http://salemcommunitycenter.org)

 Facebook: Council for a Healthy Dent County

Healthy Dent County Fitness Center

### **Fitness Center Office Hours**

8:30 a.m. to 4:30 p.m. Monday-Friday

### **Healthy Dent County Office Hours**

8:00 a.m. to 4:30 p.m. Monday-Friday

### **Fitness & Cardio Room Hours:**

5 a.m. to 7 p.m. Monday-Friday

(24 hour access code needed for weekends and after hours)